

DRAFT 3/12/04

Vision Plan, Advocate, Evaluate

To advocate for a system that supports persons impacted by mental disorders on their journeys to achieve the highest quality of life possible by promoting evidence-based, cost-effective, individualized mental health services.

Mental Health Planning and Advisory Council
March 10, 2004
SeaTac Holiday Inn, SeaTac

Approved_____

In attendance: Joann Freimund, Chair, Graydon Andrus, Jeanette Barnes, Roger Bauer, Chuck Benjamin, Lou Colwell, BJ Cooper, Rick Crozier, Danny Eng, Diane Eschenbacher, John Fisher, Doug Johnson, Candace Manke, Dinah Martin, Eleanor Owen, Andy Pascua, Barb Putnam, Bonnie Scott, Janet SooHoo, Paula Zamudio.

Absent (excused): Alan Himsl.

Absent (unexcused): Kelly Egan, Sondra Martin, Dorothy Trueblood.

MHD Staff: Steve Norsen, Kathy Burns Peterson.

Guests: David Mancuso, Alice Lind, Alison Robbins, Darleen Vernon, Donna Obermeier.

The meeting was called to order at 9:30 a.m. by Joann Freimund, Chair. The agenda was reviewed and introductions were made.

Review of February 11, 2004 meeting minutes:

The minutes from the February 11, 2004 meeting were approved as written. MHPAC minutes are posted on the MHD website: <http://www.wa.gov/DSHS/mentalhealth/>

Review of pending action items:

1. A meeting will be set up with the MHD and Medical Assistance Administration to discuss funding for interpreters for mental health services. Steve Wish, Steve Norsen, and Chuck Benjamin will meet and report back to Planning Council in March.
Pending.
2. Josselyn Winslow will draft a "Way to Go" award letter to be sent to Mark Porter for his article on memory loss screening in the Bellingham Herald. **Pending.**
3. Kathy Peterson will pursue a decision on the feasibility of including a link to the Town Hall on the Planning Council section of the MHD website. **Completed, the**

request was denied because it is against DSHS policy to link to websites that conduct lobbying activities.

4. The bylaws will be changed to review 3 excused absences in a calendar year by the Planning Council Chair and Vice-Chair with a recommendation for further action. The draft bylaws will be submitted for consideration at the March Planning Council meeting. **Agenda item.**
5. Kathy Peterson will prepare appointment letters for Doug Johnson (Sexual Minorities), Rick Crozier (Older Adults), Andy Pascua (Ethnic Minorities) as members of the Planning Council as representatives of their Subcommittees. **Completed.**
6. Kathy Peterson will prepare appointment letters for herself, Cathii Nash, and Eleanor Owen to the Planning Council. **Completed.**
7. Chuck Benjamin, John Fisher, Graydon Andrus, Diane Eschenbacher, and a representative of the Ethnic Minority Subcommittee will participate in an ad-hoc committee chaired by Katie Weaver-Randall to review mental health morbidity data. **In process.**
8. The primary researchers on the DSHS Cost Offset Study will be invited to provide a presentation on the research design and next steps for policy discussions. **Agenda item.**
9. Alice Lind, Manager of the WMIP, will be invited to make a presentation to the Planning Council at the March meeting. **Agenda item.**
10. Planning Council members were requested to complete the self-evaluation questionnaire and provide it to Kathy Peterson. She will tabulate the information for discussion at the March meeting. **Agenda item.**
11. The Goal statement and Bylaws will be revised for consideration at the March meeting. **Agenda item.**

“Way To Go” awards

The following “Way to Go” nominations were presented for consideration. Candy Manke, Chuck Benjamin and Joann Freimund nominated the Seattle Weekly, Bellingham Herald, and The Olympian for an article on parity legislation and how it died. There was also a suggestion that the Legislative Subcommittee write a letter of thanks to the Legislators who sponsored this legislation. Kathy Peterson also nominated The Olympian for an article on children’s mental health.

A “Way to Go” award will be presented the Seattle Weekly, Bellingham Herald, and The Olympian for the article on parity legislation. A “Way to Go” award will also be presented to The Olympian for their article on Children’s Mental Health. The awards will also be posted on the MHD website as part of the Planning Council anti-stigma efforts.

Cost Offset Study Presentation

David Mancuso, an economist with the DSHS Office of Research and Data Analysis provided a handout on the research study, “Cost Offsets and Client Outcomes” which was completed in December 2003.

David focused his presentation on adults who are not dually eligible for Medicare, because there is more complete data available on this population. The study included approximately 20,000 persons with a diagnosis of mental illness in medical claims regardless of where these services were provided within DSHS. Overall, only 80% of clients served by the Mental Health Division had a mental illness diagnosis in their medical claims. These clients were compared with clients with mental illness who only received services from other programs (for example, medical care funded through Medical Assistance). Average costs were compared for these two populations, and it was found that clients receiving outpatient mental health treatment had in lower medical costs overall and also lower mortality rates. The analysis included a comparison of the two study groups by diagnosis and use of psychotropic medications. Outpatient mental health treatment combined with psychotropic medications resulted in better cost savings compared to medications only.

The study also showed cost savings associated with the study group who received inpatient or intensive outpatient mental health treatment as compared to the group who remained untreated. This study resulted in several recommendations to improve the delivery of services through an integrated program including substance abuse programs, mental health treatment, and medical services. However, it is also imperative to conduct close monitoring to assure that an integrated program is implemented in a manner to assure good client outcomes.

Washington Medicaid Integration Program

Alice Lind provided a handout on the Washington Medicaid Integration Partnership. This was an initiative from Secretary Braddock to address the needs and expenditures for high cost DSHS clients. The WMIP Project will include medical, substance abuse, and mental health services, with long-term care services to be phased in at a later date. The hope was that case management/care coordinator services and integrated programs would reduce costs and improve client outcomes. The WMIP Implementation Team researched similar programs in other states, including Minnesota and New Mexico. One approach that seems to result in cost neutrality is contracting with a managed care health plan. The RSNs were also approached for partnering, but this was not fruitful. The RFP went out this past November, which was narrowed to the Snohomish area, with an October 2004 target implementation date. The Team is waiting for the Center for Medicare/Medicaid

Services to approve the Mental Health waiver request and also for the Managed Care Plans to propose an integrated model.

Alice reviewed the handout, and explained that the client's Care Coordinator will act as the single point to authorize needed services across all the providers. The program is for adult Categorically Needy SSI clients, who will be sent information about the WMIP and be given the opportunity to "opt-out" of the program. Clients who are dually eligible for the Medicare program would be given the opportunity to enroll. Clients will have a choice of primary care provider and can also choose to revert to a fee-for-service model. Alice closed by providing a list of the WMIP Project Staff and a link to the DSHS website for additional information.

Joann thanked both David Mancuso and Alice Lind for their presentations. She asked Planning Council members for recommendations on next steps. The following proposals were discussed:

- Spread wider information to the public on this program, including advocates and providers;
- Request that the Council get regular updates on the WMIP program;
- The study design should be clarified regarding the Care Coordinator's role in authorizing mental health services;
- 80% of the medical cost savings should be used to enhance mental health treatment;
- Members of the Planning Council should request membership on the review committee if the proposed budget proviso for a Legislative review of the public mental health system passes;
- Funding for mental health interpreter services should be clarified.

Proposed action steps in response to the Washington Medicaid Integration Partnership will be discussed further at the next Planning Council meeting.

Director's Report

Steve Norsen attended to represent the Director, who was unable to attend. He provided an update on several projects currently in process in the Mental Health Division:

- Steve discussed the most recent information from the Center for Medicare/Medicaid Services (CMS) on the state's Medicaid waiver request. In summary, CMS has mandated that Medicaid funds cannot be used to provide services for non-Medicaid services or people. This is contrary to long-standing practice and instructions, which allowed for Medicaid savings to be used for non-Medicaid programs. Steve provided a handout with proposed transitional strategies, which calls for an orderly implementation to assure that high-need clients are not put at risk. This emphasizes the need for shared learning among RSNs, providers, and stakeholders on new approaches to adapt to this change.
- Steve provided a handout on the budget proviso for a task force on mental health services delivery and financing. This task force would review the funding

requirements for mental health services for non-Medicaid consumers; the current funding distribution formula; the managed mental health care system; and adequacy of inpatient psychiatric beds and other issues. The status of this proviso won't be known until the Legislative Session ends, which is March 11.

- Steve provided a handout from the Three Assistant Secretary Children's Mental Health Workgroup to better coordinate and integrate services for children. This is a unique effort with much intent to improve the delivery of services through a single department-wide vision, focusing on evidence-based practices. Dinah Martin, Jeanette Barnes, Teresa Avalos from the Ethnic Minority Subcommittee are participating in this process, representing the Planning Council. The three Assistant Secretaries developed a Performance Agreement outlining expected results, guidelines, and accountability for the group. A Workgroup meeting is scheduled for tomorrow.
- Steve discussed the Children's Long-Term Inpatient Program (CLIP) which recently prepared a report on utilization statistics and future directions on inpatient services for kids. Steve recommended that the Planning Council ask Kathy Crane be invited to a future meeting to provide a briefing on this report.

Kathy Crane will be invited to a future Planning Council meeting to provide a briefing on the Children's Long-Term Inpatient Program.

- Steve provided an update on the status of discussions to merge some of the smaller RSNs in order to improve service delivery and achieve cost-efficiencies. Karl Brimner and Tim Brown have met with five counties to discuss this idea further.
- BJ asked for an update on the Peer Support program, and Steve stated that it is included in the Medicaid waiver.

Program/Planning Subcommittee

Joann handed out the minutes from the March 3 meeting of the Subcommittee. The subcommittee reviewed the results of the self-evaluation questionnaire that was completed by Planning Council members. Joann summarized the discussion and Subcommittee recommendations, which included:

- Scheduling the Subcommittee reports in the morning of the MHPAC meetings;
- Having regular MHPAC meeting reports on progress toward achieving each of the MHPAC Goal statements;
- Revise some of the Planning Council Goal statements to be more focused; and
- Sending the Chair and Vice-Chair to the annual Block Grant training in Washington, DC.

These proposals were discussed further and there was consensus to move forward with these recommendations.

Review MHPAC draft Bylaws

Joann reviewed the draft MHPAC Goals change to the Bylaws Section 3 which was included in the meeting packet. She also handed out a proposed a revision to these draft Goals. After discussion, the group moved, seconded and passed to adopt the following the Goals in the Purpose Statement in the Bylaws:

1. Oversee the Federal Block Grant, including recommending the plan, amendments and reports submitted by the Mental Health Division to the Center for Mental Health Services.
2. Develop and take advocacy positions concerning legislation, funding and regulations affecting mental health services through the use of mental health statistics for decision-making and planning.
3. Support and advocate for quality, cost-effective and individualized consumer/family-based services through evidence-based best practice models of care. Support research and use of promising practices through continuous quality improvement.
4. Promote optimal functioning for consumers across the life domains by removing barriers to services. The Council's focus will be education for children; supported employment for adults; and/or meaningful daily activities for older adults.
5. Support education about mental illness and other mental disorders in an effort to reduce stigma.

The Planning Council Goals will be revised in the Section 3 Purpose Statement of the MHPAC Bylaws.

Review of proposed Bylaws Section 6 pertaining to Attendance at meetings. A motion was made, seconded and passed to adopt the change as drafted.

The Planning Council Bylaws Section 6 on Attendance at meetings will be amended as revised.

Review of proposed future meeting schedule

A revised meeting schedule was handed out for discussion. A number of suggestions were made, which will be incorporated as follows:

- The morning will be focused on reports from the Subcommittees focused on the Goal Statements;
- The Director's report will be at 11 a.m.
- Lunch will be limited to 45 minutes;
- Guests will be invited for lunch and scheduled for 1 p.m.

Review of MHPAC Annual Meeting Agenda

Joann handed out a proposed agenda for the annual meeting. There was agreement to use the morning for an Older Adults Service Presentation and Excellence Awards. There was then discussion about using the afternoon time for Planning Council and Subcommittee interaction and discussion about strategies for implementing the MHPAC Goal statements. The discussion on the afternoon time was deferred to the May meeting.

Legislative Subcommittee

Graydon Andrus stated that the Subcommittee was not able to meet last week. Wendy Long will send out the 2004 Session recap to Planning Council members early next week.

Older Adult Treatment and Services Subcommittee

Rick Crozier had to leave the meeting and was unable to provide a Subcommittee report.

Sexual Minority Subcommittee

Doug Johnson reported that the Subcommittee reviewed the proposed Goal statements and is also working on the Say it Out Loud and Behavioral Health conference presentations to promote education about mental illness and mental disorders and reduce stigma.

Ethnic Minority Subcommittee

Andy Pascua reported that the Ethnic Minority Subcommittee met on February 6 and the minutes were included in the meeting packet.

Children/Youth Subcommittee:

Barb Putnam stated that the Subcommittee has not meet since the February Planning Council meeting so she has no report.

Remaining 2004 meeting dates:

All meetings will be at the SeaTac Holiday Inn from 9:30 to 3:30 :

May 5, 2004

June 9, 2004

August 11, 2004

September 15, 2004 Annual MHPAC/Subcommittee Meeting

October 13, 2004

November 10, 2004

Next meeting: May 5, 2004 at the SeaTac Holiday Inn.

Contact LaToya Ware at (360) 902-0781 or holmela@dshs.wa.gov for travel at least two weeks in advance. Members who will be absent must notify Kathy Peterson or LaToya Ware five days before the meeting or the absence will be counted as “unexcused.”

A motion was made, seconded and passed to adjourn the meeting. Meeting adjourned.

Pending Action Items

1. A meeting will be set up with the MHD and Medical Assistance Administration to discuss funding for interpreters for mental health services. Steve Wish, Steve Norsen, and Chuck Benjamin will meet and report back to Planning Council in March.
2. Josselyn Winslow will draft a “Way to Go” award letter to be sent to Mark Porter for his article on memory loss screening in the Bellingham Herald.
3. A “Way to Go” award will be presented the Seattle Weekly, Bellingham Herald, and The Olympian for the article on parity legislation. A “Way to Go” award will also be presented to The Olympian for their article on Children’s Mental Health. The awards will also be posted on the MHD website as part of the Planning Council anti-stigma efforts.
4. Proposed action steps in response to the Washington Medicaid Integration Partnership will be discussed further at the next Planning Council meeting.
5. Kathy Crane will be invited to a future Planning Council meeting to provide a briefing on the Children’s Long-Term Inpatient Program.
6. The Planning Council Goals will be revised in the Section 3 Purpose Statement of the MHPAC Bylaws.
7. The Planning Council Bylaws Section 6 on Attendance at meetings will be amended as revised.